

## Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>MANGOES</b>					
<b>Mangoes, fresh</b> <i>Whole</i>	Pound	7.60	1/4 cup cubed or sliced fruit	13.2	1 lb AP = 0.69 lb ready-to-serve raw mango
<b>MIRLITON (see CHAYOTE)</b>					
<b>MUSHROOMS</b>					
<b>Mushrooms, fresh</b> <i>Whole</i>	Pound	18.7	1/4 cup raw, sliced vegetable	5.4	1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.1	1 lb AP = 0.43 lb cooked, sliced mushrooms
<b>Mushrooms, fresh</b> <i>Slices</i> <i>Ready-to-use</i>	Pound	18.5	1/4 cup sliced vegetable (about 7 slices)	5.5	1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms
<b>Mushrooms, canned</b>	No. 10 can (68 oz drained weight)	49.4	1/4 cup drained vegetable	2.1	1 No. 10 can = 12-1/3 cups drained mushrooms
	Pound (drained weight)	11.6	1/4 cup drained vegetable	8.7	
	No. 300 can (8 oz drained weight)	5.80	1/4 cup drained vegetable	17.3	1 No. 300 can = about 1-1/2 cups drained mushrooms
<b>Mushrooms, frozen</b> <i>Slices</i>	Pound	12.2	1/4 cup tempered vegetable	8.2	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
<b>MUSTARD GREENS</b>					
<b>Mustard greens, fresh</b> <i>Trimmed</i> <i>Without stems</i>	Pound	49.2	1/4 cup raw vegetable pieces	2.1	1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens
	Pound	14.1	1/4 cup cooked, drained vegetable	7.1	
<b>Mustard greens, fresh</b> <i>Untrimmed</i>	Pound	13.2	1/4 cup cooked, drained vegetable	7.6	1 lb AP = 0.93 lb ready-to-cook greens